

# Breakfast is Brain Fuel

Welcome to ***Breakfast is Brain Fuel***, a K-12 curriculum that allows you to teach the nutrition objectives of the Healthful Living Curriculum Area while integrating the concepts of healthy eating into the Standard Course of Study. The Breakfast Lesson Plans Quick Reference summarizes the Standard Course of Study objectives addressed in each lesson.

Students who eat breakfast:

- are able to pay attention longer,
- demonstrate better behavior in the classroom,
- have improved attendance and less tardiness, and
- make fewer trips to the school nurse.

Despite considerable evidence that eating breakfast has beneficial impacts, all children do not consume a regular morning meal. Students who skip breakfast are missing out on key nutrients needed for health and academic success.

Teachers can make a difference by encouraging students to eat breakfast every day, incorporating nutrition education into lesson plans to reinforce healthy choices for students, and teaching and role modeling healthy eating, including eating a healthy breakfast every day.

Effective nutrition education can motivate and enable students to adopt healthful dietary patterns and healthy lifestyles. ***Breakfast is Brain Fuel*** will allow you to deliver effective nutrition education. There are many benefits for students who are well nourished and physically active. These include:

- Improved attendance
- Improved energy level
- Improved participation
- Improved behavior
- Improved test scores
- Improved academic success
- Reduced fatigue
- Reduced irritability
- Reduced apathy
- Reduced anxiety
- Reduced infections
- Reduced absences

Each lesson in ***Breakfast is Brain Fuel*** includes the following sections:

- **Objectives:** Healthful Living, Computer/Technology Skills, English Language Arts, Information Skills, Mathematics, Science, Second Languages, and Social Studies objectives
- **Teacher Resources:** background information to help prepare the lesson is included
- **Materials Needed:** additional items have been kept to a minimum
- **Handouts:** all student handouts are included with this curriculum
- **Focus:** an activity designed to get students focused on the topic to be covered in the lesson
- **Teacher Input:** material to be presented by the teacher
- **Practice and Assessment:** handouts and activities to be completed by students

